

Hello,

I am looking forward to working with you as your Professional Coach. I have positive expectations for a coaching relationship that supports you to create the amazing life YOU want to live. To partner together professionally, please review my coaching agreement below and do not hesitate to ask any questions that you may have. It's essential that you are familiar with and agree to the following guidelines.

Private Client Coaching Agreement

Please read through entirely and then complete all required fields. You will receive a copy via email for your own records as well.

Terms of Coaching:

I invite you to think of Coaching as a “process”. Many people start creating new awareness and initial change for themselves in a short time. However, to refine and sustain the change takes longer. Although not binding, I would ask that you expect our coaching relationship to last six weeks with sessions every 2 weeks at minimum.

Fees:

My fees for you will be \$60 per 40 min. zoom call.

Rescheduling Sessions:

You may **reschedule a session on your own at any time - up to 48 hours before** our scheduled time, just call or text me and I will do my best to fit you in.

Our Coaching Agreement

Coach

I agree to serve as your Coach - as the ICF (International Coaching Federation) defines - to partner with you in a thought-provoking and creative process that inspires you to maximize your personal and professional potential - and as I define - to identify your purpose and achieve your personal and/or professional vision and related goals.

As your Coach, I cannot guarantee results. **YOU will create powerful results** by having the courage and determination to forward the actions you decide to take in your life. During the time we spend together in our coaching sessions, I will devote my time, thoughts, and energy to you, exclusively.

I am a Coach, not a psychotherapist or physician and I am not trained in diagnosing psychological or medical conditions. If any topics or concerns arise for you that would be better served by a licensed therapist, physician or specialized practitioner; I will partner with you to make such connections and may insist that you attend to your health by contacting the appropriate professional in order to continue the coaching relationship. If I suggest you connect with a professional in these areas; it is because I want nothing but the very best for you and want to ensure you are supported in all areas of your life. I have a wonderful network of professionals who I would be happy to refer you to as well. Therapy, good medical care and coaching can work very well together. I am also bound by a duty to warn, which means that if you share something with me that leads me to believe that your safety or that of someone else's is at risk, I have a legal responsibility as a professionally certified coach to inform the appropriate authorities.

As your Coach, I will bring attentive listening, understanding, belief in you and commitment to your success. You can expect me to challenge you, offer fresh perspectives, make requests, acknowledge your wins and fully guarantee utmost confidentiality (of the law, and so long as I don't fear for your or another's safety).

I am bound to abide by:

The International Coaching Federation (ICF) - [Code of Ethics](#)

The National Board of Health & Wellness Coaches (NBHWC) Code of Ethics: <https://nbhwc.org/code-of-ethics/>

You may familiarize yourself with them by reviewing them at the links above.

Client

I am motivated and committed to taking action on my determined personal and professional goals. I realize that anything less than my intentional full participation will not lead to my success.

I accept full responsibility for myself and any actions I take that might result from Coaching. I am under the general care of a physician and considered healthy to engage in coaching. I can financially afford the Coaching fee at this time.

I agree that ultimately, it is my responsibility that my coach gets paid for the services I use. I agree to honor my scheduled session times. I have read, understand fully and agree with the Terms of Coaching and the Coaching Agreement.

Signature _____
Date _____